

# Default Report

*Sound Pillow Sleep System Study*

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## QID91 - Please Provide Comments & Thoughts:

Too little

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What a great idea! As ASD Parents, we will take any, little help we can to make our children sleep more. The fact that our son does not fight us as much to go to bed, is a small win for us. He liked the comfort of the pillow, but had some issues with the mp3 player breaking and hearing the calming tracks.

i think the sound could be a lil louder its hard to hear

She wished for the following sounds: Bamboo waterfall heartbeat a generic white noise

thank you.

I was unsure that the sleep pillow would help my son. The first week with the pillow I noticed slight changes. During that time he also found tracks that worked well for him. By the second time during the trial using the pillow, he already knew what tracks he liked the best to help him sleep and there was a noticeable difference in his sleep patterns and behaviors. Negative behaviors started to decline because he was getting a better nights rest.

As I've mentioned before I think a light study might be interesting. Plus as hard as it is for ASD children it probably is best if we can wean them off electronics earlier in the evening. Trust me we KNOW they shouldn't be on them as much and the cut off should be sooner, but that can be like takiing away the very air they breathe!!!!

I am glad I participated in this study. I will keep using the pillow for my son. I will be happy to talk about it with my friends who have kids in the autism spectrum and have sleeping problems. Thank you.

We have tried everything to get our daughter to sleep in her room, we have tried oils and lights and remodeling her bedroom. This pillow has given her a real chance at a normal sleep pattern. Thank you

This pillow has helped so much.

Thank you for giving us the opportunity to try this out. Zach enjoyed going to bed more and I really do believe he benefited in some way. He seems more relaxed and less explosive since using the pillow.

It's a great pillow and changed my daughter's whole outlook on sleep and staying bed. The best part of the pillow was that it kept her in bed. Which made her fall asleep faster!

My son very much enjoyed using the pillow. On the weeks he could not he was upset and wanted to be allowed. He loves the pillow and all the sounds it plays

My son loved the pillow and it has helped him fall asleep sooner. It makes bed time in our house a much more pleasant experience

The system just needs to be more sturdier for children on the spectrum. It was too easy for my kids to break it and if I wasn't over top of them about it, the pillows would have been used in a pillow fight.

Not only did the sound pillow seem to aid

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The Sleep Pillow has helped my child get some much needed sleep, and has made our nights less stressful for the whole family. I just wish there was some way to conceal the MP player so the child can not get it, because if she messes with it and gets it on a track she does not like then the trouble starts, and I am afraid that her sticking her hands in the pillow case playing with it is going to damage the wires cause them to break or something. I have also notice the pillow is not as fluffy as it was in the beginning, so I am not sure how long this will last, hold up to my child. Thank you for the opportunity to try out this pillow, it has been wonderful for our child as well as the whole family, we are actually all getting some much needed sleep.Thank you again

The right amount

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His biggest complaint was the pillow is "too fluffy" as far as comfort goes. I was pleasantly surprised that the cords were situated in a way that they weren't a problem...I was worried he would chew on them but that never happened. Interestingly, his 3 year old brother is obsessed with the pillow and we regularly had to go get it from his room when it was bed time because he took it. It could just be novelty but my 3 year old has sleep issues related to medical causes that were just addressed this summer but now he has habits that we need to change. I am really interested in whether or not the sleep pillow will help, his older brother has generously offered to share it for a week or two to test it out. While I don't think it helped him fall asleep, I do believe it helped him stay asleep this summer even with all the unusual disruption we've had.

between a normal pillow and a cell phone with white noise it's hard to know what this pillow does that is different. He does like the pillow though.

Our son falls asleep with sound, white noise if you will, but it is music he likes, i.e., Stevie Ray Vaughan river paradise for example or thomas the train music

Participant did not have sleep issues. Other child in family also participated and pillow seemed helpful.

She is very rigid in regards to things being the same or in the same place... Her pillow(s) is no different. The first night with the pillow, she was quite combative to the idea of a pillow change. For Autistic children, perhaps including some tips on new pillow transitioning. Using same pillow case, same angle as old pillow, placing the old pillow against headboard above new pillow, etc. The sound controller is atrocious. It feels flimsy and cheap. It is difficult to control and the directional buttons do not do what you think they would do. Moving through the different tracks needs to be a left to right button, not the up and down buttons. The "E" button should be labeled differently as I think the middle round button to be an "E" or "enter" button. I read the papers that came with it... But it really shouldn't be they much of a pain. It causes a glitch and the controller to turn off if you have the on switch turned on and the device plugged in at the same time. It's confusing. It makes it seem like you have to turn the controller OFF for it to come on while plugged into the wall... Which is odd. I realize this is bypassing the battery...but wouldn't be an issue I guess if a better quality controller was being utilized. My daughter screamed on many more than one occasion when her "pillow stopped raining" soon after putting her to bed....until we realized this was an issue ( yes, even after reading the added printed document). I think the price point is quite high for such a low quality controller. All in all, my daughter's sleep improved... That has to say something. She doesn't want to sleep with out her "rain pillow" now.

He loves the pillow

I love my pillow I'm happy to have it

The pillow and sounds were great. The program on the mp3 player was clunky and difficult to use. It didn't save the 30-minute setting other than that night. It feels like a program that was used 20 years ago, instead of currently. Hard to navigate. There's no way my 8 year old (the user of the pillow) would be able to navigate that every night by himself.

My daughter says she enjoys using the pillow. She really likes the fact that the sound level is adjustable.

We like the idea of speakers embedded into a pillow, but this is NOT the pillow for that. We would like to see the sound system in a better quality pillow, or as something you can add to your own pillow.

some will love it and some will hate it. the study was well worth it. I know now this child can't tolerate the sounds at night

I think he slept more soundly and was more engaging during the day the nights he used the sound system.

This person is very happy to be able to keep the pillow. very positive outcome

Too much

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Not only did the pillow facilitate better, longer sleep and a happier, productive mood, but using the pillow gave my son a feeling of new sense of empowerment about sleeping- he did not dread or avoid it. As a younger child he suffered from night terrors, sleep-walking, fear of the dark, and general dread about sleeping, especially alone.

**End of Report**